

GENERAL PEDIATRIC CLINIC / 18 MONTH VISIT

(See 2nd page for 18-Month Anticipatory Guidance)

Completion of this form is voluntary.

Patient Name	Date of Birth	Age	Height	Weight	Today's Date
Accompanied by				Head Circumference	

Parental Concerns

General Health

General Behavior

Peer Interactions

Eating Habits: Diet, behavior at meals

Parents' Description of Child's Temperament

Problems Identified and Reviewed

Physical and Emotional Status

Diet: Snacks, pickiness, independent feeding

Anticipatory Guidance: Discipline, limit setting, obedience, temper tantrums, toilet training, peer activities.
Safety: Climbing, stove, water, poisons, plants, street, need for supervision, car seats, lead exposure.

Immunization	Drug Co. & Lot. No.	Expiration Date
DTaP		
IPV		
Varicella		

Adaptability to exam

Activity

Distractibility

Words Spoken

(Cross off parts not examined or not applicable)

Part	N	Abn
Skin: Color, texture, hair, scalp		
Head & Face: Symmetry, AF size _____ cms _____		
Eyes: Pupils, conjunctivae, EOM, red reflex		
Ears & Nose: Canals, tympanic membranes, turbinates		
Nose: Discharge		
Mouth: Gums, tongue, number of teeth () ()		
Nodes: Cervical, inguinal		
Lungs		
Heart: Rhythm, S1, S2, murmur		
Abdomen: Contour, masses, hernia		
Genitalia: Vaginal opening, testes () ()		
Extremities: Range of motion, stance		
Neuromuscular: Tone, strength, equilibrium		
coordination, gait, DTRs		

Describe abnormal findings.

Developmental Observations NO* = Not Observed by parents or examiners R. = Reported, O. = Observed

R.	O.	NO*	
			G.M. Walks backwards
			Walks up steps without holding
			Walks up steps with help
			Kicks a ball forward
			Throws a ball overhead
			P.M. Scribbles with a pencil
			Makes a tower of two cubes
			Makes a tower of four cubes
			Lang. Says ten single words, besides Mama & Dada
			Combines two different words together
			Names one picture
			Puts a toy under the table
			Puts a toy on the floor
			Gives a toy to the mother
			P.S. Removes own clothing
			Imitates simple housework
			Uses spoon with spilling
			Comforted by touching parents
			Comforted by parent's voice
			Will not go to strangers

Parents' Interactions with child NO* = Not Observed Here
O. = Observed M = Mother F = Father

O.	NO*	
		Gives simple, short directions / explanations
		Voice calm when talking to child
		Reinforces behavior through approval & attention
		Terminates activity with some forwarding
		Ignores temper tantrum
		Interrupts temper tantrum physically
		Interrupts temper tantrum vocally
		Calmly holds to quiet

Other Observations

Development and Parent-Child Interactions

SIGNATURE – Provider

Date Signed

Return to clinic in _____ months.

Diet

Since most toddlers eat small meals, nutritious snacks such as cheese cubes, fruits, graham crackers, juices or milk can be given with the child seated. Pickiness – see “15 Month” health supervision.

Independent Feeding

Most 18 month olds object to being fed unless there is much attention related to the process. Self-feeding can be accomplished, albeit with some mess. The child will usually eat enough for growth and not get fat.

Anticipatory Guidance

Discipline, limit setting and obedience are gone over as in previous visits. Reinforce the parent’s efforts to do these.

Toilet Training

Many girls have been or will soon be trained. Warn parents not to remove the night diaper too soon. Although the child may have been dry for many nights, illnesses, minor upsets, changes in environment and weather can cause temporary setbacks. Wet beds cause child/parent annoyance and/or anger, which can lead to a major behavioral problem. Boys can be evaluated for readiness. Regularity of bowel movements helps in knowing when to put the child on the toilet. It is important to stress that a child who is not showing any interest or balking at attempts to train, should not be forced to conform. The average age for boys to be trained during the day in the United States is 2 ½ years.

Peer Activities

See “15 Month” health supervision.

Safety

The hazards of the street should be reviewed, see “15 Month” health supervision. Continue to use car seats every time the child is in the car. The child should never be left alone in the car as they can probably get out of the seat and play with the driving equipment. It may also help to raise the child’s car seat so that they can look out of the window, being sure that adequate neck support is provided. The child is not safe in the bathtub alone for more than a few seconds and certainly not safe near any open water area even if they do know how to swim. The child’s motor coordination is adept enough to turn on the hot water and the parents should check the water temperature again. It should be below 120° F. Climbing is an activity many children enjoy. Encourage and teach the child to climb safely, using jungle gyms but discourage from climbing on to chairs, tables, bookshelves, stoves, etc. Plants and poisons, see “15 Month” health supervision.

Need for Supervision

An 18-month-old cannot be left alone to play in a yard with access to the street, where potentially poisonous plants grow, or where there are filled pools. They may be able to play alone in their room or family room which has been set up as “child proofed” or outside where there is a fence and no dangerous plants. Parents should be within hearing distance of any child left alone.